

SOMERVILLE JCR

SOMERVILLE WELFARE HANDBOOK

2018-2019



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JCR Welfare Officers

Hey!

We are Yinni and Dan, both 2nd year PPEist, and your Welfare Officers for this year.

We're here to make sure your experience at Somerville is as comfortable as it should be. Whether you are experiencing a small amount of stress or have more long term mental health issues, we are essentially the point of contact between you and college.

Our role also extends to hosting the very much anticipated Welfare Teas (free food!) that take place every other Sunday afternoon, these are a good place to meet new people in your year as well as other years as well. We also take requests if you have any particular foody cravings.

We can also provide you with sexual health supplies on request. These include condoms, lube and STI and pregnancy tests, all of which are posted to you completely confidentially, just follow the linked form in the "description" on the JCR Facebook page.

Most importantly we are here if you just want to chat about any concerns or worries you have. We completely understand Oxford can be a stressful place, and that everyone has low points from time to time. Whether you know us well, or you've only really seen us about, we are here alongside Peer Supporters as confidential, judgment-free listeners. We can also help put you in touch with the wellbeing services inside of college, as well as those offered in the local area.

We have both received full Peer Support Training and are particularly keen to tackle stigmas surrounding mental health this year and are planning or participating in Mental Health Week, so please drop us a message if you want to get involved! Mental health should not be something people feel afraid about talking about, and we want people to feel like if they want to open up about anything they can do so freely inside of Somerville.

If at any point you want to contact us, you can drop us a message on Facebook, otherwise you can email us at daanial.chaudhry@some.ox.ac.uk and yinni.hu@some.ox.ac.uk. We are both living just a short walk from Somerville, but you'll always see us around college if you want to stop and chat. We are both looking forward to seeing familiar faces again, and meeting any newcomers. Wishing you all a fantastic year.

**Dan and
Yinni**



The College Welfare Team

All of the College welfare team, and the JCR representatives, work within our Policy on Confidentiality and the Circulation of Welfare Information, which you can find here: www.some.ox.ac.uk/about-somerville/freedom-of-information/policies-procedures-2/ so you don't need to worry about anything you tell us being disclosed to anyone else.

Welfare Support and Policy Officer – Jo Ockwell



Where shall I start with introducing our fab college welfare team?! There are many people here at Somerville whose job it is to ensure our students are as healthy and happy as they can be. My role is to co-ordinate welfare support for all of our students. I've been working here at Somerville for almost nine years so have helped students with all sorts of problems. While I'm not an expert on every possible welfare concern you might have, I will definitely know someone who is! Please feel free to stop by my office, House 4, if you need a confidential chat about anything. And be assured that seeking help is always the start of sorting out an issue, never a sign of weakness. We all need a bit of support and help along the way sometimes, particularly adjusting to life at Oxford and the pressures it brings! It's also worth noting that the majority of our students go through their studies at Oxford without any interaction with the Welfare team, because they don't have any concerns. But keep us in mind just in case you do!

College Nurse – Glenys Knighton

Glenys is in college every day during term-time, in Darbshire 16. You don't need to make an appointment. Just turn up at the times she's available and she'll see you. Her office hours are posted on her door and will also be sent to you by email. You can also contact Glenys by email at somenurse@nhs.net. Glenys has been a nurse and worked in health care for over 30 years. She can help confidentially *as a first point of contact about anything*, not just health care. She has a lot of knowledge about the types of support available outside college such as the GP and the Counselling Service. The college provides a nurse led clinic, providing many services on site for students, linked with Jericho Health Centre (less than a five minute walk from college), where our college doctors, [Dr Luckhurst](#), [Dr Boyle](#) and [Dr Ch'en](#) are based. If you need to see a doctor just call 01865 429993 anytime between 08:30- 18:00 to book an appointment at another time.

College Counsellor

[Sophie Lopez-Welsch](#) will be available for appointments from 9:30-13:00 every Thursday this term in House 23. Appointments can be booked by emailing sophie.lopez-welsch@admin.ox.ac.uk.

Senior Tutor – Dr Steve Rayner

[Dr Steve Rayner](#), oversees welfare provision in college. He holds regular 'Open Door' office hours when students can stop by to discuss anything that is bothering them. His office is based on the 1st floor in House, next to the Principal's.

senior.tutor@some.ox.ac.uk / 01865 270629

Junior Deans – Favour Nyikosa, Sybilla Pereira and Alex Sheader

The Junior Deans oversee non-academic student discipline, and provide welfare support to students outside of office hours. They live in College, and one of them is on call every evening, night and weekend during full term. They are available to provide guidance and support to students in crisis.

deans.office@some.ox.ac.uk



Favour Nyikosa



Sybilla Pereira



Alex Sheader

The College Doctors or your GP

Jericho Health Centre, Walton Street, Oxford, OX2 6NW

GPs are able to help with mental health problems as well as physical health issues using a variety of approaches. Appointments can be available on the day for urgent matters although are usually within 48 hours. If you feel that you need to be seen urgently, please make this clear when making an appointment. It can feel daunting to visit a Doctor for support. If you would feel more comfortable, you can bring someone that you trust along with you for support. All the Doctors will do their best to be understanding of your problem and make you feel comfortable but you can request another appointment with a different Doctor if you want to.

JCR Peer Supporters

Somerville college peer supporters make up the main body of the JCR welfare team. Their goal is to ensure that no one in college feels isolated in their time of need. They have all completed a 30- hour peer support training scheme, helping to equip them with the skills to support YOU! Any problems that you want to share, no matter how large or small, can be directed to any member of the team via peersupport@some.ox.ac.uk. Alternatively, feel free to talk to any of them in person. And remember, anything that you tell them is treated confidentially within the college's policy on confidentiality!

Who Are They?

1. Fin Kavanagh



I'm a third year CAAH-ist and I decided to join the peer support program because I wanted to improve my listening skills in a welfare capacity. I believe that everyone should be able to express their emotions and feelings, whether to friends or a peer, openly in the confidence that they will not be judged. I am personally passionate about men's mental health, something society is only really just starting to acknowledge. Whatever your concerns are, big or small, please feel free to stop me and we can arrange a chat. finbar.kavanagh@some.ox.ac.uk

2. Ria Chavda

"I'm Ria, a third year Mathematician from London. I've completed Peer Supporter training run by the University Counselling Service, which is intended to give me skills to help others dealing with a range of issues, from adjusting to university life to mental health. I did Peer Support training because I have had several encounters with mental health issues through family and friends, and so wanted to be able to support others in any capacity I can! Being an ethnic minority myself, I'm also especially keen to support people struggling with any kind of minority-related issue. I'm always happy to talk through anything that's bothering you, no matter how big or seemingly insignificant - the smallest conversations can honestly make the biggest difference! Feel free to drop me a Facebook message, email at ria.chavda@some.ox.ac.uk or stop me around college."



3. Alyssa Crab



"I'm a third year biochemist. The role of Peer Support means to me is that one has the skills in order to help someone. Peer Supporters are able to help people and point them in the right direction for further help if needed, or even just to improve someone's general mood and day. Our college's ethos is to be welcoming to all, and Peer Supporters are a friendly face around college. I became a Peer Supporter because I want to help make college a comfortable place for everyone. If you want to talk, my email is alyssa.crabb@some.ox.ac.uk or send me a Facebook message!"

4. Sowon Lee

"I'm Sowon and I'm a fourth year classicist. I was a peer supporter at my high school in the US because I wanted to be someone you could confide in, who was more relatable than a teacher. It's important to have someone you can trust and talk to-whatever's on your mind, you can message/find me in person!"



5. Gerda Mickute



"I'm a 2nd year medical student. I grew up in Lithuania and essentially started living abroad since the beginning of my studies here. Being a student from abroad gives you a lot of perspective, but it can also create additional hurdles – not understanding the language in crowded places, being slightly lost and not able to ease into conversation or just missing that sense of familiarity from time to time. If you experience anything like that or something entirely different- I'm here to hear you out."

6. Sade Clarke

See description for BME/Ethnic Minorities Officer

The JCR President

Hi, I'm **Emmanuel Amissah-Eshun** (he/him) and I am your JCR President for this academic year. I am a second year Lawyer and I'm living in College so you should see me around. For those of you that don't know, the JCR is the body which takes care of all areas of undergraduate life at Somerville. As President, I try to get the best deal possible for all our members with College and University authorities. This year, I am excited about taking this job on and am determined to help improve the lives of every single undergrad at Somerville as much as I can, and will look to achieve that by representing your views and taking on board your opinions. So, if you have any questions, complaints or suggestions on anything from academics to sport, then do not hesitate to get in touch. Approach me in person (I don't bite), message me on Facebook, or email me at jcr.president@some.ox.ac.uk.



On a welfare level, I am available to provide support or just hear you out if you come to me with an issue. And if I'm not best placed to help, I will at least get you in touch with the best possible person who can.

Sharing problems and getting stuff off your chest is so important and beneficial, especially in what can be a stressful environment, so don't keep them to yourself! Anyone at Somerville will tell you that they love being here and I know that you will too – I hope you have a great year! See you around!

Student Support at Oxford – Physical and Mental Health

It can be scary to experience a physical or mental health problem while at university, particularly as you are away from the familiar environment and support networks of home. However, you are not alone! We all get ill sometimes and many people experience a mental health problem at some point. There are many avenues of support available, within and outside the University and you will always be treated with respect and confidentiality.

The Counselling Service

The Counselling Service provides free and confidential support to students in line with the Ethical Framework for Good Practice produced by the British Association for Counselling and Psychotherapy. It can be accessed a lot faster than NHS counselling. Typically, the first appointment will be within 2 weeks. Counselling Service staff are professionally trained and widely experienced in helping students with a range of problems - from specific mental health problems to stress to difficulties in relationships with others. They offer individual and group sessions as well as workshops which are designed to help you build skills to cope with the demands of university. Topics change every term and have included mindfulness, perfectionism and overcoming panic. Their website also includes a section of useful resources on topics including sleep, stress management, healthy eating and time management. The podcasts, in the 'Supportive resources' section, are a really great place to find help and perspective! www.ox.ac.uk/students/welfare/counselling or email counselling@admin.ox.ac.uk or visit 3 Worcester Street or call 01865 270300

Your Personal Tutor

You will receive an email during your first week telling you who your personal tutor is and about their role. Although it can feel daunting to talk about health problems with your tutor, they are usually very helpful and understanding.

The Oxford SU Student Advice Service

The Student Advice Service is an advice, information, and advocacy service run by a full-time Manager, and two part-time Advisors. They are happy to listen and advise you on any matter.

<https://www.oxfordsu.org/wellbeing/student-advice/> or email advice@oxfordsu.ox.ac.uk or visit 2 Worcester Street or call 01865 288466.

For more information...

Students Minds www.studentminds.org.uk

Mind www.mind.org.uk

Mind Your Head <https://www.mindyourhead.org.uk/>

Bridewell Organic Gardens www.bridewellorganicgardens.co.uk

Where to go anonymously

Nightline

Skype: [oxfordnightline](https://oxfordnightline.org), 01865 270270 or drop into the Nightline Centre at 16 Wellington Square.

Nightline is an anonymous, confidential listening and information service run by students for students. It's open from 8.00pm until 8.00am every day from 0th-9th week. There are always two people in the office, one male and one female, who take hundreds of calls every year from Oxford students who need some external, impartial support. You can share any problem with someone who has been specially trained in sensitive listening and support and who has an understanding of what it is like to live and study in Oxford.

Samaritans

jo@samaritans.org, 08457 909090

The Samaritans is an anonymous, confidential listening service which is available 24 hours a day, 365 days a year. You can share any problem with someone who has been specially trained in sensitive listening and support, who will provide a space for you to talk through your problem and explore your options.

Supporting a Friend

Students normally talk first to their friends when they're having a hard time. Here are some tips for supporting a friend:

Have the conversation

Don't be afraid to start the conversation about your friend's difficulties. Pick a private place where you will both be relaxed and a time when you're both free. *Listen actively* and try explaining your friend's problems back to them to check that you understand. *Ask open questions* such as "What was that like?" and "How did it feel when..." but avoid "why" questions as they can sound aggressive. *Avoid giving advice* as this can make them feel trapped.

Respect your friend's confidentiality. The exception is if they are in danger of hurting themselves or others – then it is important to tell a member of the welfare team or a healthcare professional.

Understand your friend's mental health problems

People with mental health problems often have experiences or behaviours that are difficult for others to understand. You can help overcome this by learning about your friend's mental health problems on

sites such as NHS Choices or Mind. Appreciate that unhealthy behaviours such as drug or alcohol abuse, self-harming or eating disorders can be your friend's way of *coping with other problems*.

Know where to get more help

For further help, your friend can talk to our peer supporters or the university counselling service. If your friend has a mental health problem, they can also speak to a GP who can help them get treatment.

If they are contemplating committing suicide imminently – i.e. they have a clear suicide plan and the means to carry it out, even if they say they won't – do not leave them alone at any point. Call 999 or escort them to A and E and remove anything dangerous from their vicinity, such as pills, knives, razors, scissors and cords of any sort. If your friend has suicidal thoughts but no clear plan, encourage them to talk to, a counsellor, a GP, the Samaritans helpline (**116 123**) or CALM helpline for young men (**0800 58 58 58 from 5pm-midnight**).

If you are contemplating suicide, you can also seek help from these resources. If your friend starts to profess irrational beliefs (delusions) and/or hallucinate, they may have a condition called psychosis. If this happens, make sure they see a doctor soon as they could hurt themselves and early intervention is important.

Take care of yourself

It's important to maintain boundaries. Help your friend find other supporters if they are depending too much on you or want to talk about topics you aren't comfortable discussing. If you are worrying about them, you can talk about it to someone you trust, protecting your friend's confidentiality by maintaining their anonymity and speaking to someone who doesn't know the friend.

Further Information

<http://www.studentminds.org.uk/look-after-your-mate.html>

<http://www.nhs.uk/Livewell/mentalhealth/Pages/Mentalhealthhome.aspx>

<http://www.mind.org.uk/information-support/mental-health-a-z/>

Safe Sex

Safe sex means *becoming informed* about the risks of sex so that you can avoid putting yourself or your partner at risk of unwanted pregnancies (for heterosexual pairings) or STIs.

To help you start getting informed about how to practice safe sex, we've made a 5-step guide...

1. Being Informed

Safe sex starts with *getting informed by doing your own research on topics relevant to your own sexual health*. This is important because sexual health risks are different for different genders, sexualities, races and local areas. We recommend using the NHS Choices website as a starting point at: <http://www.nhs.uk/Livewell/Sexualhealthtopics/>.

2. Using Contraception

Most people having heterosexual sex need to use contraception if they don't want the biologically female partner to become pregnant. Biological females should read up on the 15 different types of contraception and discuss the decision with their GP to make an informed choice.

The (male) condom is 98% effective with perfect use but only 82% effective with typical use as people often use or store them incorrectly. The condom is the only contraceptive method which also protects against STIs. You can order condoms from the link on the JCR Noticeboard – for free!

The combined pill and progesterone-only pill are also highly effective with perfect use (99%), but much less effective with typical use (91%) as people often fail to follow the instructions. It can be prescribed by your GP.

Long-acting reversible contraception (LARC) is contraception which is administered by a doctor or nurse and then works for a long time. LARC is by far the most effective in terms of actual use. Types of LARC include the contraceptive implant, contraceptive injection, IUS and IUD. These can be prescribed by your GP.

To get the maximum efficacy of contraception, it must be used *consistently and correctly every time you have vaginal or anal intercourse*. You can increase the efficacy further by using dual protection – a condom plus one other form of contraception.

The Family Planning Association (FPA) has a fantastic, thorough guide to contraception: <http://www.fpa.org.uk/help-and-advice/contraception-help>

3. Using Protection against STIs

A sexually transmitted infection/disease (STI/STD) is an infection transmitted by exchange of body fluids such as semen, physical contact with another person's genitals or even skin-to-skin contact. They are very common among young people – over half of the 435,000 STIs diagnosed in heterosexuals in England in 2015 occurred in 16-24 year olds. STIs can cause anything from mild itches to permanent disability and even death.

However, most STIs are easily preventable by using protection. This means using condoms and/ or dental dams during sex where body fluids could be exchanged which includes oral, anal and vaginal sex. Even if you are on another form of contraception, you and your partner will need to use protection until you have both tested negative for STIs. Many people do not like using condoms or dental dams for oral sex; in this case, you may consider avoiding oral sex with partners who have not been tested for STIs.

4. Testing Regularly for STIs

You should get tested for common STIs every time you change sexual partner or at least once a year – even if you are having safe sex. This is because STIs often do not cause obvious symptoms. You may want to test more frequently if you are in a *high risk* group such as men who have sex with men (see FAQs). Additionally, you should test after taking part in unsafe sexual activity or if you experience symptoms of an STI. You should also encourage any regular partners to get tested.

The sexual health clinic in Oxford is at the Churchill Hospital on the Old Road in Headington, OX3 7LE. To arrange an appointment, call the clinic at 01865 231231 between 8.30am and 6pm (4pm on Friday). You can also get chlamydia self-test kits free from the JCR by filling in the online sexual health supplies form on the JCR noticeboard description.

For information about what to expect from your sexual health appointment, check out the NHS Choices guide at <http://www.nhs.uk/Livewell/STIs/Pages/VisitinganSTIClinic.aspx>.

5. Managing your Risk

All sexual activity carries some level risk. Further steps you can take to reduce your and your partner's risk include:

- Making plans for keeping sex safe in advance if you are going to drink alcohol
- Reducing your number of sexual partners

- Asking your partners to be exclusive with you (not have sex with anyone else)
- Avoiding higher-risk sexual activities, such as anal sex
- Avoiding physical sexual activity altogether

Of course, not everyone will want to take all of these steps. Getting educated can help you make informed decisions and manage your risk.

What do I do after an unsafe sexual encounter?

After a sexual encounter where protection failed or was not used, it is important to either take a chlamydia test or go to a sexual health clinic to get tested for both chlamydia and gonorrhoea. However, if you are in a high-risk group such as gay and bisexual men, you should get a full test at a sexual health clinic. If there is a risk you may have been exposed to HIV, you should contact sexual health services or go to A and E as soon as possible to access post-exposure prophylaxis, a treatment which can greatly reduce your risk of contracting HIV.

If you are a biological female who had an unsafe heterosexual encounter without contraception or where contraception failed, you can take the morning after pill or have an IUD inserted to prevent pregnancy occurring.

How do I get the morning after pill?

The morning after pill can prevent pregnancy from occurring after an unsafe encounter. *It is more effective the sooner it is taken and must be taken within 72 or 120 hours of the sexual encounter (depending on the brand).*

The morning after pill can be prescribed by a GP or alternatively purchased from a pharmacy. The Boot's pharmacy on Cornmarket Street and the Woodstock Road Chemist are part of a scheme to offer it free to under 21s. The JCR can reimburse you if you keep the receipt.

There is a myth that the morning after pill works by preventing the fertilised egg from implanting but the evidence available suggests this does not occur. While scientists cannot be 100% sure of all the effects, the evidence available suggests it delays ovulation, just like the regular pill.

How do you put on a condom?

We recommend this fantastic guide by planned parenthood: <https://www.plannedparenthood.org/learn/birth-control/condom/how-to-put-a-condom-on>

Is safe sex the same for LGBTQ+ people?

LGBTQ+ people have different safe sex needs from heterosexuals. In particular, gay and bisexual men (often called men who have sex with men or MSM in healthcare) have much higher incidences of HIV and other STIs than other groups. MSM make up only a few percent of the male population yet represented 72% of gonorrhoea, 88% of syphilis and 69% of HIV cases diagnosed in males in England in 2015.

NHS Choices has good LGBTQ+ health information at

<http://www.nhs.uk/Livewell/LGBhealth/Pages/Gayandlesbianhealth.aspx>.

GUM (Genitourinary Medicine) Clinics,

www.sexualhealthoxfordshire.nhs.uk

Harrison Department, Churchill Hospital, Old Road, Headington, OX3 7LE. Rectory Centre, Rectory Road, Oxford, OX4 1BU.

See website for drop in clinic opening times.

The Oxfordshire Sexual Health Clinics offer confidential walk-in clinics and other useful sexual health services. They provide emergency contraception, testing and treatment for STIs and advice on safe sex. They can also provide contraception fitting and pregnancy/termination advice.

Chlamydia Testing Scheme (www.ocsp.org.uk)

Sends a test kit discreetly to you if you would rather not go to a clinic or via the JCR.

Emergency contraception available from any pharmacy (free for 21 and under)

Sex without consent is Sexual Assault

Sexual Assault

How to Report Sexual Assault

First and most importantly, make sure you talk to someone, when or if you feel ready to. Remember that you have done absolutely nothing wrong! Whatever you are feeling is completely normal.

Your friends, family, the Peer Supporters, College Welfare Team, Counselling Service, GP and the sexual assault/harassment dedicated services are all there to support you! The Welfare Officer, Jo Ockwell, and the Junior Deans are trained First Responders to sexual assault in college, and they will be best equipped to support, help and advise you. The whole Welfare team are there to listen in a safe, non-judgemental way, and anything discussed will remain completely confidential. They will also be able to find resources and help you decide how to proceed if you decide to.

If you choose to report an assault there are many options open to you. You can report to the police (999/101/Thames Valley Police, St. Aldates - **01865 841148**), but this may be a little daunting. You can instead or also contact a Sexual Assault Referral Centre (SARC), a government service providing support to survivors of rape or sexual assault, such as interviews, examinations, counselling and advice on making an informed decision about what you want to do next, regardless of whether you report the offence to the police or not. The centres are in Swindon, Slough or Bletchley, but the college will provide a taxi directly there paid for by the college. Just ask the Porters' Lodge (you can also take a friend or someone from the Welfare Team with you).

The local SARCC (Sexual Assault and Rape Crisis Centre) is hugely supportive and can take you through your options clearly. They can also help supporters of survivors of sexual assault. Your local SARCC can also collect evidence should you chose to speak to the police later. The local SARCC is staffed by women and is therefore only open to women. For male survivors of sexual assault you can get in touch with Survivors UK via their website <https://www.survivorsuk.org/> and for LGBTQ+ survivors you can speak to Pandora's Project www.pandys.org/lgbtsurvivors.html

Oxford Sexual Abuse & Rape Crisis Centre(OSARCC)

(www.oxfordrapecrisis.net)

OSARCC provides free, confidential advice for survivors of sexual assault, rape, domestic abuse and harassment. They also run a telephone helpline and email support service, available on their website.

It Happens Here (ithappenshere@ousus.ox.ac.uk)

This is a campaign which raises awareness about sexual assault and rape in the University. The co-chairs are contactable via the above email address.

Harassment

Harassment related to a protected characteristic.

Unwanted offensive behaviour by a person towards another based on an individual's age, disability, gender or gender reassignment, marital status, pregnancy or maternity, race, religion or beliefs, or sexual orientation.

Sexual Harassment.

Unwanted offensive behaviour of one person towards another of a sexual nature. Examples might include making provocative suggestions, unnecessary physical contact, jokes of a sexual nature, suggestions of sexual contact.

Bullying.

Bullying is unwanted, aggressive behaviour of one person towards another. Examples of bullying might include making threats, spreading rumours, physical or verbal abuse, or deliberate exclusion of an individual from a social group.

Stalking.

Stalking is unwanted obsessive or persistent behaviour of one person towards another. The unwanted behaviour may be in person, or via another means such as email or contact via social media. Behaviour that may seem normal can cause distress to a victim if it is persistent, for example, repeated messaging on social media.

Where to go in College

If you believe that you have been, or are, experiencing harassment you can contact a member of the College's Advisory Committee on Harassment. The College's Advisory Committee consists of six members: two members elected by Governing Body (one male, one female, at least one being a member of Governing Body); two members (one male, one female) of the Middle Common Room Committee; and two members (one male, one female) of the Junior Common Room Committee. You can find the college's harassment policy at <http://www.some.ox.ac.uk/about-somerville/freedom-of-information/policies-procedures-2/>

The Dean or Senior Tutor will provide the contact details of the Harassment Advisors.

Where to go outside of College, but within the University

University Harassment Line

(email - harassment.line@admin.ox.ac.uk or 01865 270760)

If you would like to speak to a trained harassment advisor who is not a member of your college you can contact the harassment line. The Advisors are members of the University Harassment Advisory Network. (www.admin.ox.ac.uk/eop/harassmentadvice/advisornetwork/)

University Policy on dealing with harassment

(www.some.ox.ac.uk/about-somerville/freedom-of-information/policiesprocedures-2)

University Procedure for dealing with harassment

(www.ox.ac.uk/students/welfare/harassment?wssl=1)

Where to go outside of the College and University

Citizens Advice

www.citizensadvice.org.uk, 95 St Aldates, OXFORD, Oxfordshire, OX1 1DA, **03444 111 444**.

Support Line

www.supportline.org.uk, **01708 765200**.

Support Line is a confidential telephone helpline offering emotional support to any individual on any issue, including advice and support on stalking and harassment. Look up 'Stalking and Harassment' from the list of issues they can help with.

Criminal Offences

It rarely happens, but if you're unfortunate and become the victim of, or witness to crime there is help and support out there for you. Thames Valley Police Non-emergency number 101, www.thamesvalley.police.uk/ If you have been the victim of a crime but you don't want the police to be involved you can talk about it to any members of the welfare team in college, the JCR or MCR welfare Officers or one of the Peer Supporters. We promise to listen without judging and won't pressure you to report it to the police if you aren't ready to, or never want to.

Women and Gender Minorities

If you feel that you've experienced discrimination because of your gender or just need some advice about gender equality, there are loads of sources of support out there...

Support in college

Speak to one of the JCR or MCR Welfare Officers, or any member of the college welfare team.

Support in the University

WomCam (Women's Campaign)

<https://womcamoxford.wordpress.com/>

WomCam (Women's Campaign) is a 'feminist society that organises events, raises awareness of issues and creates a platform for feminist discussion'.

Oxford SU Vice-President for Welfare & Equal Opportunities

vpweo@oxfordsu.ox.ac.uk

Oxford SU Vice-President for Women

vpwomen@oxfordsu.ox.ac.uk

Oxford SU Women's Campaign Officer

womensofficer@oxfordsu.ox.ac.uk

Nightline 01865 270270

External support

Oxford Women's Counselling Service

www.oxwcc.co.uk

The JCR Women's Officer

Hello, my name is **Jess Brown** (she/her) and I am a second-year mathematician and women's officer at Somerville this year. If you are facing any gender related problems such as harassment or discrimination both in or out of college, please feel free to come and talk to me! You can always come and find me or message me if you want a chat, which would be confidential, and I can offer you advice or point you in the direction of useful information and support. Along with providing free sanitary products, I will be holding discussions which are open to everyone, which I think is important to deal with and tackle the issues of gender inequality. As a former women's college with many inspirational female alumni I believe we should be proud of this and encourage and work towards gender equality. My email is ['jessica.brown@some.ox.ac.uk'](mailto:jessica.brown@some.ox.ac.uk), feel free to email me if you ever want to talk about anything. See you around this year!



Women's Things. The Sanitary Product Scheme

The Ideas Behind It

The JCR is very excited to run a scheme which gives free sanitary products to Somerville JCR students. Sanitary products are an absolute necessity and therefore an unwanted cost to those of us who have periods. As well as taking away this expense, the scheme hopes to be another form of welfare support offered at Somerville. Periods can have negative health implications both physically and mentally, and in providing access to sanitary products we hope to alleviate some of these troubles. Furthermore, in providing sanitary products we are emphasising that periods are normal, natural, and certainly not taboo. While some people can find it difficult to talk about periods, it is important that any stigma is removed. Not only will this allow those who have periods to feel more comfortable when getting the products, but it also means some may feel more at ease if they need to discuss their period and related problems with others, in both formal and informal settings.

How It Works

There will be normal pads and super pads, with the same options available for tampons (regular and super). We will provide menstrual cups (also known as mooncups), which some use as an alternative to pads/tampons. While it is a smaller group of students that use these products, we aim to cater to all needs and so as far as possible they will be available. There will be two main ways that students will be able to access the sanitary products. Twice a term there will be a 'tampon mountain', where all the products will be available for people to come and take what they need. We hope this will help promote discussion and understanding among those who have periods. There will also be the pidge system; you can place orders through a form (the link is on the JCR noticeboard) and I will deliver them weekly into people's pigeon holes. Only I will know the names of the people who have used this system and this information will be confidential. Of course, if anyone has any ideas, suggestions or queries about this then I would be happy to hear from you, so please do not hesitate to get in touch!

LGBTQ+ Community

LGBTQIAP+ (LGBTQ+) stands for Lesbian, Gay, Bisexual, Transgender, Queer/Questioning, Intersex, Asexual, and Pansexual. They are descriptive terms chosen by people to describe or define their sexuality or gender identity. However, there are people who perceive these descriptors as constraining and opt not to use them. There are also other sexualities/gender identities not in the acronym; these can be found in the glossary on page 30 and on the LGBTQ+ page of the JCR website. There is a strong and welcoming LGBTQIAP+ presence in Somerville willing to provide advice, company and help to any who may need it.

The JCR LGBTQ+ Officer

Hello – my name is **Joe Cresswell** (he/him). I am a second year English student and I am the LGBTQ+ officer for the Somerville College JCR. This means I am here to help make the JCR as inclusive and welcoming to all students, regardless of sex, gender or sexual orientation. Please feel free to come to me with any concerns about college life, or if you need someone to talk to. I am also going to be running social events for LGBTQ+ students and allies in college so please keep an eye out for information about that. I look forward to meeting you all in October!



Help, Support and Resources for the LGBTQ+ Community

JCR LGBTQ+ Officer and JCR Welfare Officers

JCR Peer Supporters

<http://blogs.some.ox.ac.uk/jcr/welfare/peer-support/>

There are also 'Rainbow Peers', a group of peer supporters who identify as LGBTQ+ who can support people from their own or other colleges www.facebook.com/rainbowpeers/

College Nurse, Glenys Knighton, Darbishire 16

somenurse@nhs.net

Oxford University LGBTQ Society

www.oulgtsoc.org.uk

The society runs LGBTQ+ events including club nights and chilled out brunches across the Oxford colleges. Its committee also includes asexual, bisexual/pansexual and trans welfare Officers, alongside its women's/men's welfare Officers.

Oxford SU Vice-President Welfare & Equal Opportunities

vpweo@oxfordsu.ox.ac.uk

Oxford SU Student Advice Service

<https://www.oxfordsu.org/wellbeing/student-advice/> 01865288466

University Counselling Service

www.ox.ac.uk/students/welfare/counselling

Oxford Friend LGBT+ Helpline

www.oxfordfriend.co.uk

This local volunteer-run organisation offers counselling for Oxford's LGBT+ community.

Oxford Nightline

www.oxfordnightline.org

A confidential advice service, open from 8pm to 8am during term time.

National LGBTQ+ Support

Mind UK

www.mind.org.uk

Switchboard LGBT+ Helpline

www.switchboard.lgbt

The Metro Centre

www.metrocentreonline.org

International Students

The International Students' Officer

Hi, I'm **Michał Pychtin** (he/him), a second-year chemist from Poland and your International Students' Officer! About a quarter of undergrads in Somerville are international students and my duty is to represent you inside the JCR. Our college is a really friendly and vibrant place and I am here to help with any concerns, problems or questions. I'll be around if you want to ask anything – don't hesitate to message me and I will do my best to help if you have any issues, even the smallest ones, or if you simply don't know how to fit your life into one suitcase. Suggestions are also welcome, as I'll try and keep you entertained with a lot of international-themed events during the year (movies, welfare teas, food and themed hall nights), so do get involved.



Help, Support and Resources for International Students

JCR or MCR International Officers

blogs.some.ox.ac.uk/jcr/ / blogs.some.ox.ac.uk/mcr/

Oxford SU Vice-President for Graduates

vpgraduates@oxfordsu.ox.ac.uk

The OUSU Vice-President for Graduates represents international students' interests to the University.

Oxford SU International Students' Campaign

iscchair@oxfordsu.ox.ac.uk

The Oxford SU International Students' Campaign runs events to bring international students together. They can also advise on any issues particularly faced by international students.

Oxford University Student Information and Immigration Team

student.information@admin.ox.ac.uk or student.immigration@admin.ox.ac.uk

The Student Information and Immigration Team offer help and advice to all students. They are experts at advising on visa issues, working whilst in the UK on a student visa, travelling abroad whilst in the UK on a visa, as well as offering advice on police registration. And just a word on bank accounts: there will be plenty of time to open one. You can easily sort it out after you have arrived!

Ethnicity and Faith

If you have any ethnicity or faith based concerns or generally want to chat about anything to do with these issues then feel free to come and speak to the JCR Ethnic Minorities Rep (see below). If you are looking to get involved in any cultural societies during your time at Oxford then a list of these can be found by selecting cultural/national at www.ousu.org/freshersfair/clubs-societies

You could also join CRAE (Campaign for Racial Awareness and Equality), which is open to everyone regardless of ethnicity or faith. CRAE meets once a week and it's a really great space to discuss concerns and thoughts about race and work out how to make Oxford as inclusive as possible.

The JCR Ethnic Minorities Officer

Hi all! My name is **Sade Clarke** (she/her) and I am the Ethnic Minorities Officer at Somerville College. My role is essentially to ensure that the BAME students within Somerville are comfortable, can excel and are heard. It is a different experience that BAME students have within both society and this university and so working with college and fellow students to provide a platform for BAME students is something that I passionately push for. Somerville is a very friendly college and BAME students have the chance to thrive without comprising their cultural identifies, this is through events put on such as POC Chat and Chill as well as food and movie nights. *Sade is also Peer Support trained.*



Help, Support and Resources for BAME Students

Oxford SU Anti-Racism Officer

bme@oxfordsu.ox.ac.uk

Oxford SU Student Advice Service

<https://www.oxfordsu.org/wellbeing/student-advice/>

Oxford Black Students Union

www.facebook.com/groups/822794731107681

Campaign for Racial Awareness and Equality

www.facebook.com/OxfordCRAE

Equality and Diversity

www.admin.ox.ac.uk/eop/

Oxford SU Vice President for Welfare and Equal Opportunities

zpweo@oxfordsu.ox.ac.uk

JCR Peer Supporters

<http://blogs.some.ox.ac.uk/jcr/welfare/peer-support/>

There are also 'Peers of Colour', a group of BME peer supporters who can support people from their own or other colleges www.facebook.com/oxunipoc/

Disabilities

Help, Advice and Support.

Jo Ockwell, Welfare Support and Policy Officer (College Disability Coordinator)

jo.ockwell@some.ox.ac.uk, 01865 270525, House 4, Somerville.

The most obvious person to talk to about disability is the college's Welfare Officer and Disability Coordinator, Jo Ockwell. Jo can offer advice about disability support and reasonable adjustments. She can also put you in contact with the Disability Advisory Service (DAS), who are the experts in supporting students with disability.

Disability Advisory Service (DAS)

www.ox.ac.uk/students/shw/das email at disability@admin.ox.ac.uk 01865 280459, 3 Worcester Street, Oxford, OX1 2BX.

The DAS offers support and advice for students with disabilities, including offering learning support, mental health advice, support for those with sensory and mobility impairments, health conditions, and autistic spectrum conditions. The DAS may be able to help you apply for funding, such as the Disabled Student Allowance, which might cover costs for specialist equipment. Their website provides a wealth of information.

JCR Disabilities Officer

Oxford SU Vice-President for Welfare & Equal Opportunities

vpweo@oxfordsu.ox.ac.uk

OSDC (Oxford Students' Disabled Community)

The JCR Disabilities Officer

Hi. I'm **Mason Williams**, a second year Engineering student and the Disabilities Officer here at Somerville. I'm here to support and help anyone to access the resources and any help they may need to make sure they can study at their best and happiest whilst here at Oxford. "Disabilities" can cover many conditions, mental and physical, visible and invisible, and everyone has different requirements but support is available both at college and university level, such as the DAS (Disability Advisory Service). The community of students is also amazing both within the college and across the whole university, with many supportive people to discuss common issues with. Welfare is important



here, so if you have any questions/just want to talk to someone about anything disabilities related email me at mason.williams@some.ox.ac.uk

Academic Affairs

It can be intimidating coming to Oxford with the ideas of expectations of a heavy workload. Be assured that your workload will be manageable and you will still be able to have a social life and sleep! If you are struggling, it is important to speak to your Tutor, the Academic Registrar, or the Senior Tutor. If you have underlying health or personal problems that are affecting your ability to satisfy your academic commitments, they need to know about it! It's the only way they can help.

The JCR Academic Affairs Rep

Hi! I am **Jai Bolton** and I will be your Academic Affairs Officer. My job is to take any of your complaints or suggestions related to Academic matters. If I can't deal with them myself then I will communicate them to the necessary officials whilst preserving your anonymity. I am also your first point of call for any matters about the library. I'm always happy to help so don't be afraid to approach me.



Help, Advice and Support with Academic Worries

The Undergraduate Handbook

(you will have been given a hard copy of this when you arrived at Somerville)

<http://www.some.ox.ac.uk/about-somerville/freedom-of-information/policies-procedures-2/>

Information about the academic expectations and disciplinary procedures in college.

Oxford SU Student Advice Service

<https://www.oxfordsu.org/wellbeing/student-advice/>

University of Oxford website

www.ox.ac.uk/students/academic

Useful links to study guidance, examination and assessment information and policies.

University Regulations

www.ox.ac.uk/students/academic/regulations

Complaints and Appeals Procedure

<http://www.proctors.ox.ac.uk/complaintsandacademicappeals/appeals/>

Oxford SU Vice-President for Access & Academic Affairs

access@oxfordsu.ox.ac.uk

Housing

The JCR Domestic Officer

Hello, I'm **Dan Simonsen**, a 3rd year Biologist. As Domestic officer my role is to be the point of contact for members of the JCR for anything relating to the college facilities, these include: booking camp beds, food in halls, the bar, the gym, health and safety, JCR photocopier, televisions, accommodation, and finally the room ballot. Any questions you might have about how anything in college works then just chat to me. Luckily for you (and me) college can now provide accommodation for all your time in college but if you are thinking of living out optionally and have any questions then feel free to talk to me.



Living in College and The Room Ballot

From 2019, all undergraduates at Somerville will live in college – this means the 2018/2019 cohort of undergraduates will not have to live out. First years are guaranteed a college room and normally live in the Vaughan, Penrose or Darbishire buildings. The remaining rooms are allocated to older years by the JCR Room Ballot. This is a ballot among the second, third and fourth years for rooms in Park, DHQ, ROQ, Wolfson, Holtby, Hostel/House, Darbishire and Walton Street.

Find more information here: <http://blogs.some.ox.ac.uk/jcr/accomodation/>

If you have any maintenance issues with your room you can request our maintenance team to fix it via the Maintenance Request Form: <http://www.some.ox.ac.uk/intranet/maintenance-request/>. One of the team will see you within the timescale you specify. For other accommodation issues contact the Housekeeping Manager, Mrs Teresa Walsh on Teresa.walsh@some.ox.ac.uk or senior.scouts@some.ox.ac.uk

Living Out

College is now able to provide all undergraduates accommodation on-site. However, should you wish to live out, there are a number of resources available to you. The JCR Domestic Officer should be your first port of call. However, a number of property agencies, including North Oxford Property Service, James C Penny, Finders Keepers and Martin & Co can provide you with more details of properties available. The Student's Union also has several catered services related to living out.

Alcohol and Drugs

Recreational drugs affect the brain and are taken for pleasure, often socially. This includes nicotine, alcohol and street drugs like cannabis. New drugs which mimic the effects of older drugs are constantly appearing. Previously known as “legal highs” as they evaded legislation which criminalised sale, purchase and possession of older drugs, the Psychoactive Substances Act (May 2016) made all psychoactive substances, including new recreational drugs, illegal by default. Misusing drugs is dangerous and it’s important to be aware of the effects.

Name	Effects	Effects on Health
<p>Cannabis Cannabis is a plant recreationally smoked, eaten or drunk.</p>	<p>Cannabis makes you feel relaxed and happy. However, you can also experience lethargy, anxiety, paranoia, even psychosis (delusions and hallucinations).</p>	<p>Cannabis has been linked with mental health problems like schizophrenia. When smoked (particularly with tobacco) it can lead to asthma, heart disease and lung cancer. Frequent use can also negatively affect concentration and fertility.</p>
<p>Cocaine All forms of cocaine are powerful stimulants. It is snorted as a powder or injected.</p>	<p>Cocaine makes you feel energised and happy for short time periods. Comedowns (feeling depressed or unwell) often follow cocaine consumption.</p>	<p>Cocaine can be fatal if you overstimulate your heart and nervous system, which can lead to a heart attack. If you have previous or ongoing mental health issues it can increase them or the risk of their recurrence. All forms of Cocaine are highly addictive.</p>
<p>Ecstasy (MDMA) Ecstasy is a psychedelic stimulant, taken as a pill or as a powder dabbed onto gums or snorted.</p>	<p>Ecstasy makes you feel alert, affectionate, chatty, and often enhances your sensory experiences. It can also cause anxiety, confusion, paranoia and psychosis.</p>	<p>Ecstasy can cause overheating, dehydration, or water retention, all of which can be life threatening. Long term of frequent consumption of ecstasy has been linked to mental health problems like anxiety, depression and memory-loss. High doses can be fatal. Ecstasy can be addictive.</p>
<p>Speed Speed is a stimulant, usually an off-white or pink powder snorted, dabbed onto gums or swallowed in paper. It is the name for amphetamine-based drugs.</p>	<p>Speed makes you feel alert, confident, energised, and can reduce appetite. It can also cause agitation, aggression, confusion, paranoia and psychosis. Heavy usage can also cause depression and lethargy for extended time periods.</p>	<p>Speed can cause dangerously high blood pressure, potentially causing a heart attack. Rick is increased when mixing speed with alcohol. Speed can be highly addictive.</p>

Smoking

Nicotine is addictive. The effects of nicotine, tar, carbon monoxide, and the other harmful substances in tobacco can lead to various health conditions. Smoking causes 96,000 deaths in the UK per year – far more than alcohol, illicit drugs, obesity and road accidents combined. Not smoking is the biggest improvement you can make to your health. Speaking to and getting support from your GP makes you 4 times more likely to quit. Smoking is not allowed in College. Further information and support: <https://www.nhs.uk/smokefree>

Alcohol

Though legal and socially acceptable, alcohol can cause serious short and long term harm. Alcohol intake is measured in units. The NHS recommends not to exceed 14 units of alcohol a week (or if you do, to do so across 3 or more days), and to have a few days a week without alcohol. There is about 1 unit (10 ml of pure alcohol) in half a pint of lager, and a single measure of spirits. A glass of wine contains 1.5 units. This varies depending on the drink's "alcohol by volume" (ABV).

Worried about yourself or anyone else?

Alcohol Concern

www.alcoholconcern.org.uk 0203 815 8920

Alcoholics Anonymous

www.alcoholics-anonymous.org.uk/ 0800 9177 650

NHS Alcohol Support

www.nhs.uk/Livewell/alcohol/Pages/AlcoholSupport.aspx

Alcohol Misuse Risks

Short Term	Long Term
<p>These risks result from reduced inhibition and awareness of surroundings:</p> <ul style="list-style-type: none">• accidents and injuries• being the instigator or victim of violence• unprotected sex• loss of possessions• alcohol poisoning	<p>These risks seriously impact physical and mental health as well as social and personal well-being:</p> <ul style="list-style-type: none">• alcoholism• heart and liver disease• liver, bowel and mouth cancer• pancreatitis• anxiety, depression, insomnia, and hallucinations

Signs You or Someone Else May be Misusing Alcohol

You	They
<ul style="list-style-type: none">• feel you should cut down your drinking• feel guilty about your drinking• drink in the mornings or alone• notice other people have commented on your drinking	<ul style="list-style-type: none">• regularly exceed recommended amounts of alcohol• cannot remember events from the previous night because of alcohol• fail to keep commitments because of being drunk or hung over

Effects of Drugs

Recreational Drugs

Heart or blood pressure conditions make these drugs more dangerous. Snorting any drug in powder form damages nose cartilage. Injecting any drug damages veins and body tissue, and increases risk of overdose. By sharing needles you risk contracting HIV and hepatitis.

The main risk when taking illegal drugs is that you cannot know exactly what you're taking or their risks. If you have consumed these substances and experience their negative effects go to a doctor (don't worry about being in trouble, doctor-patient confidentiality protects you).

Help, Advice and Support

NHS DRUGS OVERVIEW

www.nhs.uk/Livewell/drugs/Pages/Drugsoverview.aspx

FRANK: A-Z of Drugs

www.talktofrank.com/drugs-a-z

JCR Peer Supporters

<http://blogs.some.ox.ac.uk/jcr/welfare/peer-support/>

University Counselling Service

www.ox.ac.uk/students/welfare/counselling

How to

1. ...request alternative arrangements

For a learning disability, the best thing to do is to make an appointment with the Disability Advisory Service. For physical or mental health disabilities, a letter from the college doctor detailing which arrangements are needed will suffice. This will need to be sent to Jo Ockwell, jo.ockwell@some.ox.ac.uk, who has been advising students about alternative arrangements for years! More details are available here:

www.ox.ac.uk/students/academic/exams/arrangements?wssl=1

2. ...request factors affecting performance for exams

Many different things can be taken into account as a factor affecting your performance in examinations, although most often it is illness. You should speak to Jo Ockwell, jo.ockwell@some.ox.ac.uk, about this. She will advise you on what you need do. Also, see: www.ox.ac.uk/students/academic/exams/guidance?wssl=1

3. ...make a complaint about a tutor

The Senior Tutor is the main person to approach should you have a complaint about a tutor. Alternatively, there are a number of other people you can approach, such as Jo Ockwell, your Personal Tutor, or another tutor you trust. Feel free to bring a friend with you! The Welfare Team and Peer Supporters would be happy to help you with this or do it anonymously on your behalf if necessary. For out-of-college complaints, you can contact your department's Director of Undergraduate Studies, or in more serious matters the Proctors;

www.ox.ac.uk/students/academic/complaints?wssl=1 The most important thing is to remember that you won't be penalised or discriminated against for making a complaint, and all complaints will be treated with confidentiality.

4.suspend status

The first step if you are considering suspending status (or rustivating, as is the commonly used term) is to chat to your friends and family, but also your tutors. You can also talk to Peer Supporters, Welfare Officers, your GP, the College Nurse, or the Counselling Service, or anyone you can confide in or feel comfortable talking to! Remember that this is a big decision, and there are other options available. Jo Ockwell is an expert on suspension of status so she's the best person to discuss it within college. More info can be found here:

www.ox.ac.uk/students/academic/guidance/undergraduate/status?wssl=1

5. ...get assessed for a new disability

Contact the Disability Advisory Service (DAS) [01865 280459](tel:01865280459) disability@admin.ox.ac.uk directly or through Jo Ockwell. DAS will be happy to arrange a meeting or a study needs assessment. For mental or physical health, see the college doctor. Don't be discouraged if one doctor dismisses your concerns - make sure to ask to see another doctor or bring a friend along. Additional medical evidence from other professionals to provide context or background also helps!

6. ...get help with finances

Your first stop should be to see the College Accountant, Elaine Boorman, elaine.boorman@some.ox.ac.uk, [01865 270636](tel:01865270636). Elaine can advise on all money related issues. Oxford is very lucky in having a wide array of financial help available. Information can be found here: <http://www.ox.ac.uk/students/fees-funding>

7. ...get a referral to the Counselling Service

Contact the Counselling Service in person by calling [01865 270300](tel:01865270300) or by emailing counselling@admin.ox.ac.uk. More info is here: www.ox.ac.uk/students/welfare/

[counselling?wssl=1](#) If you're nervous or not sure, you can speak to the Peer Supporters, Welfare Team, Jo Ockwell, Nurse, GP or your Personal Tutor for confidential listening and help getting in touch.

8. ...report discrimination of any kind

If you feel that you have been the victim of discrimination of any kind by a member of the college you can report this to the Dean at deans.office@some.ox.ac.uk. If the discrimination occurred outside of college you can contact the University's Equality and Diversity Unit for advice. Details are at <https://www.admin.ox.ac.uk/eop/>

Glossary

Disclaimer

We are certainly not able to speak on behalf of all those who identify with or have experience of the terms we have described below and as such, if anyone wishes to contribute or alter definitions provided in this booklet, please email the relevant rep or anyone on the Welfare team! We're working very hard to provide representation to all JCR members and would be more than grateful for additional input.

[Based on definitions originally compiled by members of Christ Church College JCR – 2015/16]

Mental Health

- i. **Confidentiality** - a set of rules or a promise that limits access or places restrictions on certain types of information. For Mental Health and Welfare teams, this means that information cannot be passed on, except in the case where there is immediate danger to the individual or others
- ii. **Counsellor** - a person trained to give guidance on personal or psychological problems
- iii. **Mental Disability** - a mental or behavioural pattern that causes suffering or a poor ability to function in ordinary life, where it has a long-term effect on your normal day-to-day activity, e.g. depression, bipolar disorder, obsessive compulsive disorder, schizophrenia
- iv. **Mental Health** - the state of someone's psychological and emotional wellbeing
- v. **Mental Health Difficulty/Problem** - a pre-diagnosed psychiatric condition for which a person may, or may not, be receiving medical or psychological treatment, e.g. anxiety, depression, eating disorders
- vi. **Peer Support** - people providing knowledge, experience, emotional, social or practical help to each other
- vii. **Psychiatrist** - a doctor specialising in the diagnosis and treatment of mental illness
- viii. **Psychologist** - an expert or specialist in psychology. A clinical psychologist is someone who specialises in diagnosing and treating mental illness (but is not a doctor)
- ix. **Psychotherapist** - a person who uses the techniques of psychology or psychiatry to treat mental and emotional disorders, including psychoanalysis, cognitive behavioural therapies etc.
- x. **Rustication** - to temporarily suspend your studies, for welfare or health reasons.
- xi. **Self Care** - looking after yourself in a healthy way, whether it's brushing your teeth, taking medicine when you have a cold, doing exercise or making a cup of tea
- xii. **Self Harm** - (also known as self injury or self-mutilation). The act of deliberately causing harm to oneself either by causing a physical injury, putting oneself in dangerous situations and/or self neglect. This isn't necessarily synonymous or a precursor to feeling suicidal.
- xiii. **Suicidal** - feeling deeply unhappy or depressed, and likely to commit suicide. This is not the same as thinking about death or dying, and is considered an emergency.
- xiv. **Therapist** - someone who treats physical, mental or behaviour problems with the aim of curing or rehabilitating
- xv. **Welfare** - the health, happiness, good fortune and wellbeing of a person or group
- xvi. **Wellbeing** - the state of being comfortable, healthy, or happy

Sexual Health, Sexual Assault, Gender Equality

- i. **Assault by Penetration** - when a person intentionally penetrates the vagina or anus of another person with a part of their body or anything else, without consent or reasonable belief that the other person consents.
- ii. **Causing Sexual Activity Without Consent** - when a person intentionally causes another person to engage in a sexual activity, without consent or reasonable belief that the other person consents. This is the legal equivalent to a charge of rape for a female offender.
- iii. **Consent** - a person consents if they agree by choice, and have the freedom and capacity to make that choice. Situations where consent may be compromised include the use of force or threats, being under the influence of drink or drugs, having a mental disability which renders a person unaware of what is occurring or incapable of giving consent, or being under the age of consent (16 in the UK).
- iv. **Contraception** - the deliberate use of artificial methods or other techniques to prevent pregnancy as a consequence of sexual intercourse, e.g. condoms, the contraceptive pill.
- v. **First Responder (to Sexual Assault)** - the first person to whom a survivor of sexual assault discloses.
- vi. **Gender Discrimination/Sexism** - prejudice or discrimination based on a person's sex or gender
- vii. **Gender Equality** - the state in which access to rights or opportunities is unaffected by gender

- viii. **GUM** - Genito-Urinary Medicine
- ix. **Rape** - when a person intentionally penetrates the vagina, anus or mouth of another person with their penis without consent or reasonable belief that the other person consents.
- x. **SARC (Sexual Assault Referral Centre)** - a centre providing services and support to victims of rape or sexual assault
- xi. **SARCC (Sexual Assault and Rape Crisis Centre)** - a centre providing services and support to victims of rape or sexual assault, for women and girls
- xii. **Sexual Assault** - when a person intentionally touches another person, where the touching is sexual, without consent or reasonable belief that the other person consents
- xiii. **STI/STD** - Sexually Transmitted Infection/Disease

Disability

- i. **Ableism** - discrimination in favour of able bodied people
- ii. **Access Barriers** - an obstruction that prevents people with disabilities from using standard facilities, equipment or resources
- iii. **Accessible** - a facility, activity or resource that can be used by someone, regardless of any disabilities they have
- iv. **Adaptive Technology** - a subset of assistive technology which is designed specifically for people with disabilities, and would not be used by those without disabilities
- v. **Alternative Examination Arrangements** - examination arrangements which help students with a disability, for example extra reading time or use of a word processor (laptop)
- vi. **Assistive Technology** - an item, piece of technology or piece of equipment which can improve the functional capabilities of someone with disabilities, e.g. wheelchair
- vii. **BSL - an abbreviation for British Sign Language Cognitive Disability** - a broad concept encompassing various intellectual or cognitive deficits where a person has greater difficulty with one or more types of mental tasks than the average person, e.g. dementia, acquired brain injury, specific learning disabilities, intellectual disability
- viii. **DAS (Disability Advisory Service)** - a department of the university which helps with students who have a disability.
- ix. **Developmental Disability** - chronic condition due to mental/physical impairments. Can be detected early and persist through an individual's life, e.g. Down syndrome, cerebral palsy, Fragile X
- x. **Disability** - A broad term that in general describes a difficulty or impairment that may be physical, cognitive, mental, sensory, emotional, developmental or a combination of these. These can be congenital (present from birth) or acquired (occurring during a person's lifetime).
- xi. **Disability Hate Crime** - crimes that are targeted at a person because of hostility or prejudice towards that person's disability
DSA (Disabled Students Allowance) - a grant that can be applied for, which helps with funding for support for disabled students
- xii. **Emotional Disability** - a disability that impacts a person's ability to effectively recognise, interpret, control or express fundamental emotions. Also includes behavioural disability
- xiii. **Invisible Disabilities** - disabilities which are not immediately apparent, e.g. someone who is hard of hearing chooses not to use a hearing aid, someone with visual impairment wearing contact lenses, or someone with a cognitive impairment
- xiv. **Limited Mobility** - mobility impairment, which could be caused by a number of factors
- xv. **Mental Disability** - a mental or behavioural pattern that causes suffering or a poor ability to function in ordinary life, where it has a long-term effect on your normal day-to-day activity, e.g. depression, bipolar disorder, obsessive compulsive disorder, schizophrenia
- xvi. **Mental Health Difficulty/Problem** - a pre-diagnosed psychiatric condition for which a person may, or may not, be receiving medical or psychological treatment, e.g. anxiety, depression, eating disorders
- xvii. **Mentor** - there are two types of mentor, a peer mentor and a DAS mentor. A peer mentor is a student in college who you can talk to. A DAS mentor is a member of the DAS who can help students with a variety of disabilities.
- xviii. **Physical Disability/Impairment** - a limitation on a person's physical functioning, mobility, dexterity or stamina, e.g. loss of a limb, mobility impairment, visual impairment, hearing loss,
- xix. **Reasonable Adjustment** - an alteration which could be made to enable a disabled person to carry out work without being at a disadvantage
- xx. **SEN(D)** - Special Educational Needs (and Disability)

- xxi. **Sensory Disability/Impairment** - sensory impairment where one or more of your senses (sight, hearing, smell, touch, taste, special awareness) is no longer 'normal' , e.g. visual impairment (including blindness) or hearing impairment (including being hard of hearing or deafness)

LGBTQIAP+

- i. **Coming out** – a figure of speech used by the LGBTQIAP+ community to describe an individual's self-disclosure of their sexual orientation and/or gender identity. Choosing to 'come out' is solely the decision of an individual, who may or may not wish to reveal their sexuality or gender identity.
- ii. **Erasure** - the denial, dismissal or refusal to acknowledge the identities or sexualities of people. This can include heteronormativity and cissexism
- iii. **Hate Crime/Incident** - any incident, which may or may not constitute a criminal offense, which is perceived by an individual, to be motivated by prejudice or hatred towards someone because of their sexuality, gender or race. A hate incident may be verbal, physical or a perceived threat
- iv. **Outing** - outing is the process of revealing someone's sexuality or gender identity without their consent. It is disrespectful to a person's self-determination to 'out' them without their knowledge and consent
- v. **Transitioning** - a term used to describe the process of moving from one gender to another, sometimes through hormonal or surgical treatment. Transitioning does not require medical involvement, rather can just be the process of disclosing one's identity

Sexuality Glossary

- i. **Aromantic** - an orientation which falls on the asexual spectrum and is characterised by feeling little or no romantic attraction to others. Where romantic people may have an emotional need to be with someone in a romantic relationship, aromantic people may be satisfied with friendships and non-romantic relationships
- ii. **Asexual/ACE** - an orientation generally characterised by not feeling sexual attraction or desire for partnered sexuality. Asexuality is distinct from celibacy, which is the deliberate abstention from sexual activity. Asexuality is reflective of the nature of sexuality as a spectrum, or sliding scale, and some asexuals therefore may have sex
- iii. **Biphobia** - prejudice, stereotyping, erasure or discrimination against people who identify as bisexual
- iv. **Bisexual** - a person whose primary sexual and affectional orientation is toward people of the same and other genders, or towards people regardless of their gender
- v. **Demioromantic** - an orientation which falls on the asexuality spectrum, characterised by the need for a strong emotional bond with a person as a prerequisite for developing or experiencing romantic attraction to them
- vi. **Demisexual** - an orientation which falls on the asexual spectrum, characterised by the need for a strong emotional or romantic connection with a partner as a pre-requisite for experiencing sexual attraction towards them. Romantic preference, however, may correspond to a certain gender, i.e. a person may be both homoromantic and demisexual
- vii. **Heteroromantic** - a romantic orientation characterised by feeling romantic attraction to someone of an opposite gender
- viii. **Heteronormativity** - the assumption, made by individuals and institutionalised society, that everyone is heterosexual; that heterosexuality is default and superior to other sexualities
- ix. **Heterosexuality** - a sexual identity in which a person is sexually and romantically attracted to a person of an opposite gender, e.g. a man attracted to a woman
- x. **Homophobia** - this is a wider term used to describe prejudice, stereotyping, erasure or discrimination against people who identify on the LGBTQIAP+ spectrum
- xi. **Homoromantic** - a romantic orientation characterised by feeling romantic attraction to someone of the same gender
- xii. **Homosexuality** - a sexual orientation characterised by feeling sexually and romantically attracted to a person of the same gender. This includes being gay (a man attracted to other men) and lesbian (a woman attracted to other women)
- xiii. **Panromantic** - a romantic orientation characterised by romantic attraction to individuals of any gender
- xiv. **Pansexual/Omnisexual** - terms used to describe people who have romantic, sexual or affectional desire towards a person of any gender
- xv. **Queer** - for some 'queer' acts as an umbrella term for all sexualities and gender identities, or as a term for those who do not wish to give a label to their sexuality or gender identity. An individual who

identifies with a label in the LGBTQ+ acronym may also use queer as a descriptor, whilst others only may exclusively use 'queer' to describe their sexuality or gender.

"Use of the word 'queer' - the presence of this word within the LGBTQ+ community is contentious, due to its historically derogatory use as a slur. However, for many it is a reclaimed term which means that it can be used only by those who identify as 'queer' or LGBTQ+. Use of this word by people outside of the 'queer community' (i.e. heterosexual, cisgender) is offensive and appropriative."

- xvi. **Romantic Attraction** - a sense of wanting to be involved romantically with a person. Feelings of sexual attraction are distinct and are not mutually inclusive of feelings of romantic attraction
- xvii. **Romantic Orientation** - a description of the gender, genders (or lack thereof) which a person experiences romantic attraction towards
- xviii. **Sexual Attraction** - a sense of wanting to engage in sexual activity with a person
- xix. **Sexual Orientation** - the gender, genders (or lack thereof) which a person experiences attraction to

Gender Glossary

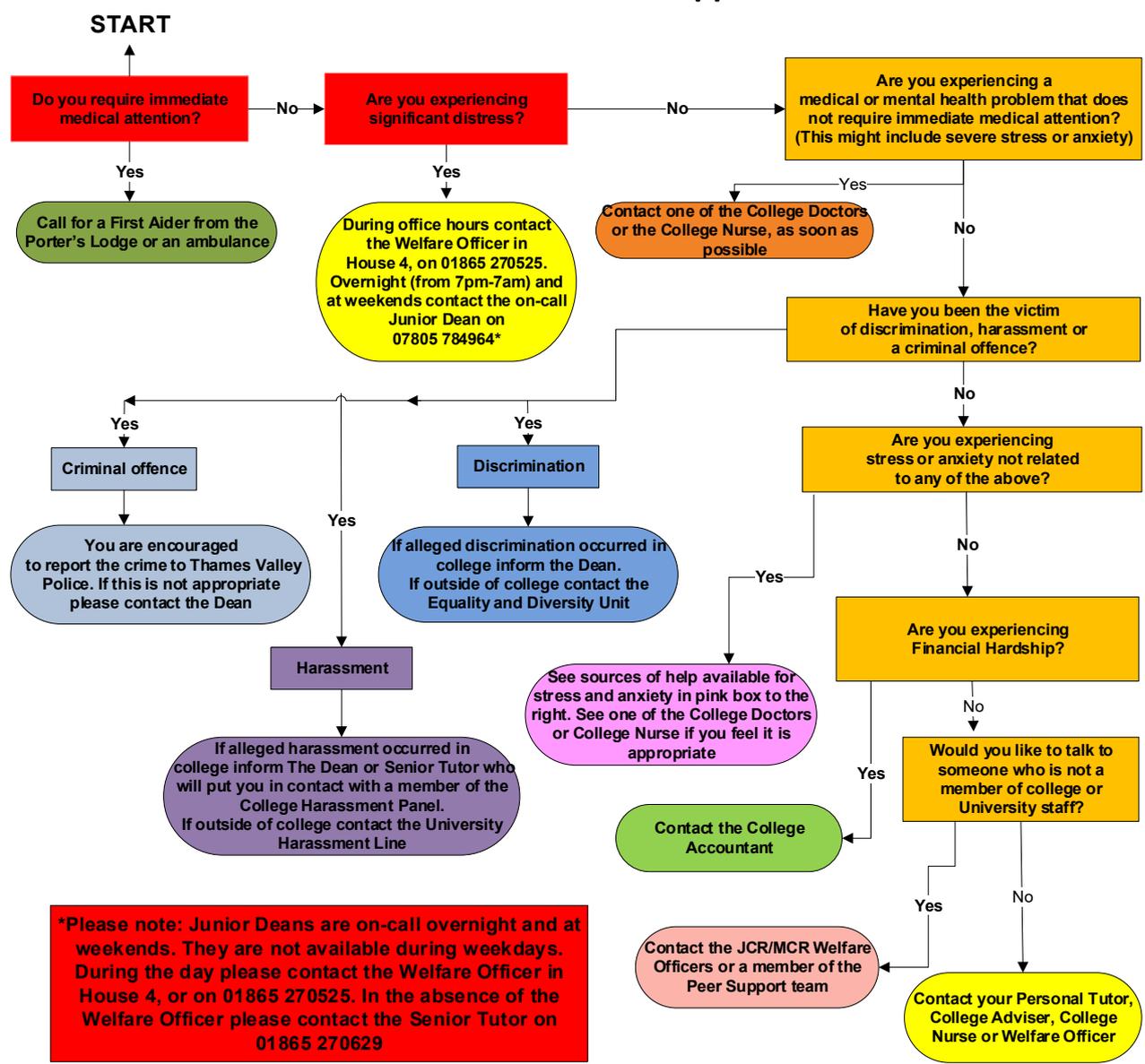
- i. **Agender** - an individual who identifies as without gender
- ii. **Cisgender/Cissexual** - words used to describe people who are not transgender, or transsexual. It is a simple opposite in prefix 'cis' to 'trans'
- iii. **Cissexism** - the assumption that gender corresponds to genitalia, leading to discrimination against and erasure of non-binary individuals
- iv. **Gender** - a social construct, refers to sociological boundaries and signifiers that define people as feminine, masculine or androgynous. Gender can be the appearance and presentation of a person's identity, but is unrelated to sex
- v. **Gender Binary** - this is a common system of thought which refers to certain societal ideas that many people hold about gender and sex. The gender binary is not correct, however, as it presumes that only two genders exist and that a person can be only male or female. It implies that trans people do not exist, which is harmful and inaccurate
- vi. **Gender Fluid** - this term refers to the spectrum of gender identity and relates to a person who feels an overlap of, or indefinite lines between, their gender identity. Identifying with two or more genders (i.e. being bigender, or pangender). A gender fluid individual may alternatively possess no gender (i.e. being agender, non-gendered, genderless), or move naturally between genders and have a fluctuating gender identity
- vii. **Gender Identity** - this describes the psychological recognition of oneself as being a member of a certain gender. Gender identity is self-determined and separate from anatomical sex, i.e. genitalia
- viii. **Gender-neutral pronouns** - these are used to avoid referring to someone as 'he/him' or 'she/her'. The most common gender-neutral pronouns are 'they/them', 'zie/zim' and 'ey/em'
- ix. **Genderqueer** - this refers to an identity taken on by people who feel that the substance and aspects of their gender exist outside of the binaries 'male' and 'female'
- x. **Intersex** - a general term used for a variety of conditions in which a person is born with a reproductive or sexual anatomy that doesn't seem to fit typical definitions of female or male
- xi. **Pangender** - this term may fall on the gender fluidity spectrum and describes the non-binary experience of an individual who may identify and move between multiple gender identities
- xii. **Sexism** - prejudice, stereotyping, erasure or discrimination against people, based on gender
- xiii. **Transgender** - a person who identifies with a gender that does not correspond to the sex assigned to them at birth (AFAB = 'assigned female at birth', AMAB = 'assigned male at birth'). This includes trans men (an individual who was assigned female at birth but identifies as a man) and trans women (an individual who was assigned male at birth but identifies as a woman). Being trans is not necessarily identifying with the genders of 'man' or 'woman', given the diversity of gender identities; whereby someone may be gender fluid or agender.
- xiv. **Transphobia** - prejudice, stereotyping, erasure or discrimination against people who identify outside the gender binary. It also includes institutionalised forms of discrimination, such as criminalisation, pathologisation, or stigmatisation of non-conforming gender identities and gender expressions

Ethnic and Religious

- i. **BME/BAME - Black and Minority Ethnic or Black, Asian and Minority Ethnic** is the term used in the UK to describe people of non-white descent

- ii. **ERM - Ethnic and Religious Minorities** is the term used in the UK to describe people of non-white descent or non-Church of England descent
- iii. **Hate Crime** - crimes that are targeted at a person because of hostility or prejudice towards that person: disability, race or ethnicity, religion or belief
- iv. **Microaggressions** - the everyday verbal and non-verbal slights or insults which communicate hostile messages that target people based solely upon the fact that they are a member of a marginalised group. Microaggressions are often found in jokes and are heavily linked to stereotypes
- v. **PoC - People of Colour** is another term used to refer to people of non-white descent
- vi. **Prejudice** - an irrational bias against members of a particular racial, religious or social background
- vii. **Privilege** - an advantage or right that is exclusively available to a particular person or group of people
- viii. **Racial Discrimination** - treating someone in a negative way purely because they are a member of a specific race
- ix. **Racism** - our understanding of racism has progressed hugely and it is now commonly thought that racism is a combination of privilege (see above) and power (occupying a position of social/economic/political power). In essence, this means that someone can only be racist if they are both privileged and in a position of power and this new and modified social definition challenges the concept of reverse racism. This new definition is not universally agreed upon and so this progressive view can be supplemented with the current dictionary definition which is that racism is the belief that all members of each race possess characteristics, abilities or qualities specific to that race, especially so as to distinguish it as inferior or superior
- x. **Religious Discrimination** - treating someone differently because of their religion
- xi. **Reverse Racism** - When the racially dominant group in any given society are discriminated against. This term is now largely thought to be incorrect because of the new understanding that power is a crucial element in racism. This is, of course, not to say that the dominant racial group can't face racial intolerance but this is usually classed as prejudice, discrimination or stereotyping.
- xii. **Stereotyping** - The harmful belief that all members of a specific race, ethnicity, religion or social group possess specific, often pejorative characteristics or attributes.

Welfare Support – A Guide for Students



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